

# Schema Therapy- Beyond The Basics

(3 Days, 21 Hours Active Cpd)

Perth WA  
November 2016

St Catherines College  
UWA

Presenter- Chris Hayes  
Clinical Psychologist  
Accredited Schema  
Therapist and Trainer

This workshop will assist those with some background in Schema Therapy in developing and fine-tuning their skills. The workshop will also specifically look at the implementation of treatment for Borderline Personality Disorder (BPD) as well as Narcissism. Participants will have extensive opportunity to practice experiential exercises such as imagery and chair-work. In addition, time will be allocated to commonly experienced difficulties such as working with the detached protector and parent modes.

We aim to have 1 presenter for every 18 attendees, allowing participants to have optimum coaching; observation and adequate supervision of skills- places are limited

There will be 8 hours of role- play dyadic work and 13 hours of didactic work.

## Day One

- Theory and conceptual model and Schema Therapy reviewed
- Schema Modes Defined
- Schema Therapy Cognitive Techniques for change
- Schema Mode Borderline Personality Formulation
- Specific methods to bypass Detached Protector
- Use of Historical Role Play (experiential technique)

## Day 2 and 3

### Fine Tuning and Specialist Skills

- Overcompensation Modes
- Use of chair work exercise in mode work
- Limited Reparenting- review and fine tuning
- Limited Reparenting- fine tuning attainment

- Imagery Rescripting- window of tolerance
- Imagery Rescripting- working with different antagonists and troubleshooting
- Working with angry child mode
- Narcissistic Personality Disorder
- Empathic Confrontation
- Therapist's own schemas - Reflection
- Schema Therapy Competency Scale
- Breaking through common therapeutic impasses



### About the Presenter

Chris Hayes

Clinical Psychologist

Accredited Schema Therapist and Clinical Supervisor  
(International Society of Schema Therapy, ISST)

Board Secretary, International Society of Schema  
Therapy, ISST

Chris has had extensive experience in both government and private settings working with clients with complex psychological presentations. Chris completed advanced certification in schema therapy at the Schema Therapy Institute in New York City (USA), and was trained directly by Dr Jeffery Young.

He now shares his time working as a Clinical Psychologist, at both public and private settings. He is currently employed with the Health Department of Western Australia as a Clinical Psychologist (within a specialist service working with those who have experienced recent or childhood trauma). He is currently serving as Secretary of the Board for the International Society of Schema Therapy.

[www.schematherapytraining.com](http://www.schematherapytraining.com)